

Millennial Star



The Pioneer Woman

POETRY

A PLEA TO PEACE.

When mighty issues loom before us, all
The petty great men of the day seem small,
Like pigmies standing in a blaze of light
Before some grim majestic mountain-height.
War, with its bloody and impartial hand,
Reveals the hidden weakness of a land,
Uncrowns the heroes trusting Peace has made
Of men whose honour is a thing of trade,
And turns the searchlight full on many a place
Where proud conventions long have masked disgrace.
O lovely Peace! as thou art fair be wise.
Demand great men, and great men shall arise
To do thy bidding. Even as warriors come,
Swift at the call of bugle and of drum,
So at the voice of Peace, imperative
As bugle's call, shall heroes spring to live
For country and for thee. In every land,
In every age, men are what times demand.
Demand the best, O Peace, and teach thy sons
They need not rush in front of death-charged guns
With murder in their heart to prove their worth.
The grandest heroes who have graced the earth
Were loved-filled souls who did not seek the fray,
But chose the safe, hard, high, and lonely way
Of selfless labour for a suffering world.
Beneath our glorious flag again unfurled
In victory such heroes wait to be
Called into bloodless action, Peace, by thee.
Be thou insistent in thy stern demand,
And wise, great men shall rise up in the land.

Ella Wheeler Wilcox.

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For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost.—I John 5: 7.



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THIS WEEK'S COVER

FEATURED on this week's cover is a monument of a Pioneer woman and her son. In her day there was no Relief Society organisation, to help her along through her many hardships and trials, but it was later on March 17th, 1842, that a few of the leading women of the Church met with the Prophet Joseph Smith in an upper room of his store in Nauvoo and organised what is now known as the Relief Society. See page 175.



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Will Zion be extended? See page 162.

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Where Is Zion ?

IT IS WHERE VIRTUE AND RIGHTEOUSNESS PREVAIL
AND WHERE THE TRUE CHURCH IS ESTABLISHED

By ELDER SYLVESTER Q. CANNON
Of the Council of the Twelve



Sylvester Q.
Cannon

WHAT is Zion and where is Zion? I would like to quote a few things that President Brigham Young stated about that very thing. He said, "Where is Zion? Where the organization of the Church of God is. And may it dwell spiritually in every heart. And may we so live as to enjoy the spirit of Zion always." Further he said, "When we conclude to make a Zion we will make it; and this work commences in the heart of each person." Again, "This is the land of Zion. West of us is a body of water which we call the Pacific and to the north is where they have tried to discover a north-west passage. These waters surround the land of Zion." Again, "What is Zion? In one sense Zion is the pure in heart. But there is a land that will ever be called Zion. It is North and South America." Finally, he states "Zion will extend eventually all over the earth. There will be no nook or corner upon the earth, but what will be Zion. It will all be Zion."

Zion Is Where Virtue and Righteousness Prevail

Now, as I quote these statements I conclude that Zion is a place where virtue and righteousness are practiced, and where the love of the Lord prevails. Wherever the Latter-day Saints settle and practice the principles of the Gospel—unity, faith, righteousness and diligence both in spiritual and in temporal affairs,—there is Zion; where the organizations of the Church are established, and where the members of the Church take part therein. So that Zion, as has been expressed this morning, is growing and spreading abroad throughout this nation and throughout other nations. It is our privilege and responsibility as Latter-day Saints, as parents, to encourage every member of the Church, whether young or old, to endeavour to live in such a way as to partake of the spirit of Zion, which is the spirit of the Gospel to give of our service to the advancing of the interests of the Church; to qualify as men and women who are able to do things in a temporal way for the progress of the communities in which we live; to take advantage of the opportunities that may be afforded us to grow temporally as well as spiritually and exercise a powerful influence for good among all of our fellowmen.

Opportunities for Young People

I am interested, as I am sure all of us are mutually, in the welfare of all members of the Church, both young and old. I realize that, under the conditions which have prevailed during

the last four or five years, opportunities for the welfare and progress of our young people particularly have been limited. Our young people are seeking opportunities to work and to get forward in the field of life. Everything that can be done by all of us toward obtaining placements for our young people, and our older members also, should be done. Those who are able to furnish employment should strive to secure those who are upright, trustworthy, dependable and diligent. There is some improvement manifest in economic conditions at the present time, and it appears that there are greater opportunities coming for all young people who are out of employment. But, if they will seek to qualify for life in the largest measure, it appears to me that there are going to be splendid opportunities for our young people to live their lives, to grow in capacity, and faith, and to give, not only of their service for their personal welfare and progress in a financial way, but also for the advancement of the work of the Lord.

Now, it seems to me that in order to be prepared to take advantage of larger opportunities, both temporal and spiritual, our young people should carefully develop certain specific objectives:

First, to widen their material horizons to include all localities where the organizations of the Church are established.

Proper Home Training and Church Activity

The second objective that I think our young people should gain is proper home training, thorough Church teaching and spiritual activity. This is a challenge to all parents and Church officers. Thereby they will become established in the faith of the Gospel, and bring forth the works thereof, by living clean lives, by practising all the splendid virtues, such as straightforwardness, reliability, industry, initiative and kindliness, and by exemplary service in the Church wherever they may be. Such examples prove to be a very powerful means of missionary work.

Learning a Trade or Profession

The third objective for which, I think, every boy and girl should strive is to be sure to get a good secular education which will give them a proper foundation upon which to grow in knowledge and understanding. And that education should be coupled with sound religious training that will give proper balance to their thoughts and actions, and develop a high standard of character and morals. Likewise, they should be able to apply that knowledge in a practical way in the affairs of life. Every one should learn how to do at least one thing well—that is to specialize in a trade, in agriculture, business or a profession.

Responsibility of Church Officers.

In a larger measure we as general officers of the Church, stake, ward, branch and mission officers, and members of the priesthood, should consider and inquire after the welfare of all the young people who are in our midst, and make systematic effort to encourage them to take part in the Church activities, as well as to aid them, where necessary, to secure employment for which they are particularly fitted. There is so much work

that needs to be done for the advancement of the Church in every locality that every one who is willing can properly be assigned to do that which will be for his spiritual progress and the welfare of others; and at the same time whereby he will not need to neglect either his secular affairs nor his family. Thus he will thereby develop that proper balance which promotes stability and peace and happiness.

Unity and Activity Bring Progress

Now, wherever the Latter-day Saints may live, whether they be in the heart of what we call Zion, where the organization of the Church is most complete, or whether it be in other localities, where there are few in number, it appears to me that through the unity and helpfulness which the Gospel teaches, they can help one another to live better lives by example and by kindly influence, and thereby promote greater spiritual strength, among all members, as well as to interest those who are not members of the Church.

Another important factor in the welfare and safety of our young people everywhere who take part in Church affairs is that they are thereby safeguarded from evils, temptations and dangers to which many others succumb. Attendance at church service and giving service in church organizations brings one in contact with branch officers who are interested in the welfare of members. Thereby, young men and women can obtain wise counsel and be protected from despondency and rash actions.

Upright Living Produces Confidence

Experience proves that the standards by which true Latter-day Saints live are powerful means in enabling them to secure positions of trust. Right living, high principles, faith and good works, loyalty, industry and integrity, coupled with particular aptitude in any direction, are all greatly in demand in the world of affairs. I have recently had occasion to learn of many instances of young people who are recognised where they are employed because of their religion. And, because of their habits and qualifications, which follow observance of principle, are valued as employees in the particular lines for which they are qualified. Intelligent employers to-day who are engaged in all the various business affairs, desire and demand employees of good habits, alert minds, trustworthiness, willingness, persistence, and energy. There are many instances where young people have been employed simply because they are known as Latter-day Saints. What a wonderful tribute that is to the faith which we have espoused! How important it is that every one of us should measure up to these standards, and likewise encourage every other member of the Church to establish in his or her life those principles which will make them worthy of confidence everywhere.



Old age can learn much from youth. They keep us abreast with the times: they keep us alive to the burning questions of the day. Therefore let us listen to the young with sympathetic hearts, the better to adapt our counsel to their needs.—Elder Rulon S. Wells.



The Holy Spirit

THE omnipresence of God has bewildered many minds which are unable because of modern false teachings, to understand how God the Eternal Father can be a person after whose form and image man is created, and yet be present throughout his vast creations. But the explanation is simple in the light of truth. It is by his Holy Spirit, which permeates all things, and is the life and light of all things, that Deity is everywhere present. Our Father has his dwelling place in the eternal heavens. Christ is at his right hand, and the Holy Spirit proceeds from them throughout the immensity of space. By that agency God sees and knows and governs all things. By it mankind may be brought into union and communion with God. It guides into all truth. It recalls the past, manifests the present, and reveals the future. It is the testimony of Jesus and the spirit of prophecy. It is the light of Christ, and "lighteth every man that cometh into the world." It is the "inspiration of God which giveth the spirit of man understanding." To that degree it shines on every soul, but as the gift of the Holy Ghost it is far greater and higher light. Then it is the abiding witness that bears record of the Father and the Son; that "searcheth all things, yea, the deep things of God."

PRESIDENT CHARLES W. PENROSE.

Added Upon

A STORY

By NEPHI ANDERSON

PART FIRST

SECTION III.—(Continued).

"For thou lovest me before the foundation of the world."—John 17: 24.

BEGIN THE STORY HERE

The spirits are now preparing to enter the earth life and speculation is rife as to what conditions they will have to meet. Homan and Delsa, two of the great family, discuss the plan of salvation the offers in connection with it made by Jesus Christ and Lucifer. They discover in each other a mutual bond. Then the crisis overshadowing the dwelling place of the spirits reaches its climax. Lucifer, the son of the morning is cast out and is told that he and his hosts will be excluded from keeping their first estate.

THERE was a calm in heaven like unto that of a summer morning after a night of storm.

Throughout the whole strife, the dark clouds of evil had been gathering. In fierce struggle, the spirits of heaven had been storm-tossed as on two contending waves; but when Lucifer and his forces were cast out, the atmosphere became purged of its uncleanness, and a sweet peace brooded over all.

None was more grateful to his Father than Homan. In the midst of the strife, he had done what he could for what he thought was right. All his influence had been used with the wavering ones, and many were those who owed him a debt of gratitude. But his greatest reward was in the peace which dwelt within him and the joy with which he was greeted by all who knew him.

Through it all, Homan's thoughts had often been with the fair sister Delsa; and often he had sought her

and talked with her. He was drawn to her more than to the many others who were equally valiant. As he thought of it, its strangeness occurred to him. Why should it be so? He did not know. Delsa was fair; so were all the daughters of God. She had attained to great intelligence; so had thousands of others. Then wherein lay the secret of the power which drew him to her?

The vastness of the spiritual world held enough for study, research, and for occupation. None needed to be idle, for there were duties to be performed, as much here as in any other sphere of action. In the Father's house are many mansions.

A group of persons was engaged in earnest conversation, when a messenger approached. He raised his hand for silence, and then announced:

"I come from the Father on an errand to you."

The company gave him close attention, and he continued: "It is pertaining to some of our brothers and sisters who have gone before us into earthlife. I shall have to tell you about

them so that you may understand. A certain family of earth-children has fallen into evil ways. Not being very strong for the truth before they left us, their experiences in the other world have not made them stronger. This family, it seems, has become rooted in false doctrine and wrong living, so that those who come to them from us partake also of their error and unbelief of the truth. As you know, kinship and environment are powerful agencies in forming character, and it appears that none of the Father's children have so far been able to withstand the tendency to wrong which is exerted on all who come to this family."

The messenger paused and looked around on the listening group. Then he continued: "The Father bids me ask if any of you are willing to go in earth-life to this family, become kin to those weak-hearted ones—for their salvation."

There was a long pause as if all were considering the proposition. The messenger waited.

"Brother," asked one, "is there not danger that he who goes on this mission might himself come under the influence you speak of to such an extent that he also would be lost to the good, and thus make a failure of his mission?"

"In the earth-life, as here," replied the messenger, "all have their agency. It is, therefore, possible that those who take upon themselves this mission—for there must be two, male and female—to give way to the power of evil, and thus fail in their errand. But, consider this: the Father has sent me to you. He knows you, your hearts, your faithfulness, your strength. He knows whom He is asking to go into danger for the sake of saving souls. Yes, friends, the Father knows, and this ought to be enough for you."

The listeners bowed their heads as if ashamed of the doubting, fearful thought. Then in the stillness, one spoke as if to herself: "To be a saviour,—to share in the work of our Elder Brother! O, think of it!" Then the speaker raised her head quickly. "May I go, may I?" she questioned eagerly.

"And I," "and I," came from others.

"Sister, you will do for one," said the messenger to her who had first spoken. "And now, we need a brother—yes, you, brother, will do." This to one who was pressing forward, asking to be chosen.

"Yes, yes," continued the messenger, as he smiled his pleasure on the company, "I see that the Father knows you all."

"But," faltered the sister who had been chosen, "what are we to do? May we not know?"

"Not wholly," was the reply. "Do you not remember what you have been taught, that a veil is drawn over the eyes of all who enter mortality, and the memory of this world is taken away; but this I may tell you, that by the power of your spiritual insight and moral strength you will be able to exert a correcting influence over your brothers and sisters in the flesh, and especially over those of your kin. Then again, when you hear the gospel of our Elder Brother preached it will have a familiar sound to you and you will receive it gladly. Then you will be-

Continued on page 170

THURSDAY, MARCH 14, 1940

EDITORIAL

Woman As An Interpreter Of The Faith

"Your daily life is your temple and your religion."

AFTER ages of human experience the universal question stands: What is the measure of a man's life?

The history of human experience reveals the fact that happiness is the goal of human nature. Human experience, moreover, reveals that happiness is not predicated upon the physical satisfaction of the appetites and the passions. That material wealth is not essential to happiness, and that power, honour, or fame do not guarantee happiness. Primitive man's quest for happiness differs from that of the philosopher, the miser's from the millionaire's, the way of the man of the world from the way of the man of God. The happiness of every individual differs according to his understanding of life and his own development.

Modern civilization, at its best, is the product of science, social organization and Christian idealism. Science has brought to man power over the world, the world of nature: social organization has directed man's efforts in the art of living with his fellows; while Christian idealism has provided the great laws of life, the love of God and man. Yet, the same civilization has produced the destructive forces that are destroying man's chances of happiness. Science which brought immeasurable blessings produced also the means of destruction; social organization which brought law and order produced also injustice, cruelty, and confusion through a multiplicity of standards; the creations of man now threaten man's destruction by violating the sacredness of human life, the Christian ideal.

Through education, enlightenment may come to man. Through the culture of the ages stored in libraries, museums, art galleries, cathedrals, schools, and missions, life to-day is enriched. Whatever brings to man the good, the true, and the beautiful of life directs him in the appreciation of life. But the patterning of lives for happiness needs more than education, more than culture, more than a mere appreciation of life.

That man's search for happiness is universal is evidenced by the systems of philosophy and religion that have originated in the mind of man. In the words of a great philosopher, Havelock Ellis, "It is through religion that men seek rest from the tensions of life." To know the meaning of life has occasioned the most serious thought of man. To have the assurance of his own immortality has occasioned the most sincere desire of man. It is thus that through the ages man-

kind has maintained his quest for happiness. It remained for Jesus to bring to the ancient systems of philosophy and religion God's plan for the immortality and eternal life of man.

To the women of to-day comes the challenge: "I have set before thee this day life and good, and death and evil; therefore, choose life that thou mayest live, thou and thy seed." It is the challenge of the ages; its import is changeless, because it holds the secret of man's eternal happiness.

Women to-day in the quest of happiness for themselves and their seed are asking the age-old questions: What is the purpose of life? Is this life all? What is the relation between God and man? How can an individual know God? What are God's purposes for man's life?

From the history of human experience, we read of woman's role as the maker and bearer of culture. As the generations of mankind have passed, she has carried her obligation for the continuance of society with courage and fortitude. As opportunities for enlightenment have come to her, she has sought knowledge with diligence and gratitude. As life has increased in complexity, she has striven earnestly for the enrichment of the moral and intellectual resources of human society. Because she has come to know the sacredness of human personality she has dedicated herself to promote the good, the true, and the beautiful in the world. The force which woman represents in the world is the force of love, a spiritual power.

Women have been the servants of humanity not as theologians, but as interpreters of religion. It is the humanity of the Christ of St. Luke that has been the beacon guiding the force of love as it has grown to become the spiritual power in the humanizing of the world. It is the gospel carrying the experiences of everyday living as parables: the shepherd and the sheep which is lost and the woman and the piece of silver which is lost; the traveller in the far country delivering his goods to his servants and the virgins going forth to meet the bridegroom, while wayward sons, erring women, cripples and unfortunates were also everyday experiences and are so to-day. The burden of the teachings of Jesus was love. For He said, "Love is the fulfilling of the law. He that dwelleth in love dwelleth in God." This then is the source of true religion, religion that patterns and motivates lives to their brightest perfection and therefore the greatest happiness.

If woman is to serve herself and her seed in the patterning and building of worthy lives, the spirit of love will be her greatest power.

To-day is a new day, its greatest need is the translation of the world's values to the values of eternal life. The spiritual destiny of man, his immortality and his eternal happiness, is built as lives are lived. To the women of the Church who are earnestly seeking life and good for mankind must come the spiritual power of love building their own lives. Becoming interpreters of life by their own lives, they become instruments in God's work whereby the world may become refined for the fulfillment of God's purposes for the life of man.

MAUDE BEELEY JACOB.

ADDED UPON

Continued from page 167

come teachers to your households and a light unto your families. Again, not only to those in the flesh will you minister. Many will have passed from earth-life in ignorance of the gospel of salvation when you come. These must have the saving ordinances of the gospel performed for them, so that when they some time receive the truth, the necessary rites will have been performed. This work, also, is a part of your mission—to enter into the Temples of the Lord, male and female, each for his and her kind, and do this work.”

A sister, pressing timidly forward near to him who had been chosen, took his hand, and looked pleadingly into the face of the messenger. “May not I, too, go?” she asked. “I believe I could help a little.”

The messenger smiled at her, seeing to whose hand she clung. “I think so,” he said; “but we shall see.”

“When do we go?” asked the brother.

“Not yet. Abide the will of the Father,—and peace be with you all.”

Homan’s time had come for him to leave his spiritual home. He was now to take the step, which, though temporarily downward, would secure him a footing by which to climb to greater heights. Delsa was still in her first estate. So also was Sardus. They with a company, were gathered to bid Homan farewell, thus they spoke:

“We do not know,” Homan was saying, “whether or not we shall meet on the earth. Our places and callings may be far apart, and we may never know or recognize each other until that day when we shall meet again in the mansions of our Father.”

“I am thankful for one thing: I understand that a more opportune time in which to fill our probation has never been known on the earth. The Gospel exists there in its fulness, and the time of utter spiritual darkness has gone. The race is strong and can give us sound bodies. Now, if we are worthy, we shall, no doubt, secure a parentage that will give us those powers of mind and body which are needed to successfully combat the powers of evil.”

It was no new doctrine to them, but they loved to dwell upon the glorious theme.

“We have been taught that we shall get that position to which our preparation here entitles us. Existence is eternal, and its various stages grade naturally into one another, like the different departments of a school.”

“Some have been ordained to certain positions of trust. Father knows us all, and understands what we will do. Many of our mighty ones have already gone, and many are yet with us awaiting Father’s will.”

“I was once quite impatient. Everything seemed to pass so slowly, I thought; but now I see in it the wisdom of the Father. What confusion would result if too many went to the earth-life at once. The experience of those who go before are for our better reception.”

(To be continued)

The Word Of Wisdom

A MODERN INTERPRETATION

By JOHN A. WIDSTOE AND LEAH D. WIDSTOE

INSTALMENT II.

FOOD CONSTITUENTS

“And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.”—Doctrine and Covenants, 88: 118.

Positive Instructions.

One who is poorly nourished (and malnourishment may be the lot of one whose food is too rich or unbalanced as well as of one who is too poor to buy the necessary foods for health) is greatly tempted to ease the natural craving for the right nourishment with food or drink containing deceiving drugs.

It happens too often that those who have refrained all their lives from the things forbidden in the Word of Wisdom, suffer from grave maladies, all too prevalent to-day. This must be in part, at least, the result of failure to obey the positive instructions of the Word of Wisdom, whether done wilfully or ignorantly. Nature has no favourites; those who break any of the laws of health must suffer the consequences.

This does not mean that one should be always fussing about one's food or be conscious of every mouthful eaten. That would be a bore as well as an unhealthy attitude. It does mean that all should learn the best food practice and why certain foods are conducive to health or disease. One-third to one-half of the average family income is spent for food; it should purchase good health. If circumstances make it necessary to economize in food expenditures, it is all the more important that the money spent for food shall purchase the maximum value in the foods most necessary for growth and health. A taste for the right food may be cultivated and maintained as easily as a taste for that which is imperfect or injurious.

Scientific Confirmation.

Reliable scientific knowledge is necessary if one is to be guided safely in this important subject. Feeding experiments with numerous foods are constantly being made, and new truths are gradually coming to light. Advancing science must be understood; then it may be shown to interpret the Word of Wisdom. It is so easy for “food fads” to creep in, and for “food quacks” to give instruction, unsupported by scientific facts, on the vital subject of food and health. On this as on all other subjects, the truth must be learned and practiced.

Necessity of Proof.

Many agencies in most civilized countries are to-day investigating different phases of human nutrition. While many truths pertaining thereto are discovered from time to time, it is not wise to “jump at conclusions” or to accept blindly the unproven hypotheses of investigators.

Occasional statements are made by reputable scientists in opposition to some of the principles of the Word of Wisdom, but further study shows that they are not supported by well-established facts.

As new nutritional truth is discovered, it should be accepted and applied in the daily diet. It is not enough to have knowledge; one must apply and use knowledge if one would be wise.

Functions of Food.

The first and most important function of food is to build and repair the tissues of which the body is composed. During the first year of life the body doubles or trebles its weight, and a gradual increase should go on to full maturity. During growth and thereafter comes wear and tear upon the body tissues from daily living. If the food is wholesome and sufficient, the body develops normally; if it is poor in quality or robbed of its vitality by being refined or "doctored" for commercial purposes, the body will probably be stunted or diseased, or both. The most obvious function of food is to supply the material needed for growth and the repair of worn out tissues.

Another function of food is to maintain body temperature. Food is burned within the body. Since blood temperature (98.6 degrees F.) is many degrees higher than the air of an average day, it takes much energy to keep the heat of the body up to its requirement for health, especially during cold weather.

Yet another function that food performs is to furnish energy for work. Every act of life requires an expenditure of energy. The source of this energy is the food eaten. The body may be likened to a machine or engine, and the food to the fuel which feeds it. If the fuel is poor the fire burns low, in the body as in a furnace.

The Six Groups of Food Constituents.

The constituents of foods are classified under the following headings; (1) proteins, (2) carbohydrates, (3) fats, (4) mineral salts, (5) vitamins, (6) water.

(1) Proteins are the body-building foods, essential for growth and repair. They are found in meat, cheese, milk, grains (gluten or gluey substances) and vegetables. White of egg is the purest form of protein. Every day the body must have its full quota of protein foods, for the cells of the body are being constantly destroyed through the activities of life. These must be replaced if health is to continue. The amino acids which make up the natural proteins are composed of the elements hydrogen, oxygen, carbon and nitrogen (the last, the characteristic element); some protein-building amino acids also contain sulphur.

(2) Carbohydrates include the starches and sugars of fruits, vegetables, and cereal grains. They are the energy or fuel foods which keep up the body temperature, and provide energy for all life processes, and for mental and physical work. The source of the fuel foods is mainly from the plant kingdom. Carbohydrates are composed of the elements hydrogen, oxygen and carbon.

(3) Fats are energy foods like the carbohydrates, but are more concentrated. They are utilized to produce heat and to supply energy for work. They probably have other, more obscure functions, for if absent from food an intense craving for them ensues. In cold countries this need seems to be imperative, but is less in warmer climates. The most used fats are butter, meat and fish fats, and vegetable oils. Animal fats are most valuable because of their content of Vitamin A. Fats, like carbohydrates, are composed of the elements hydrogen, oxygen and carbon but are very different in constitution. A fat is composed of a fatty acid and glycerine. Some of the fatty acids found in natural fats, as for example in butter, appear to be indispensable to complete health.

(4) Mineral salts are the inorganic or non-combustible portions of food, the ash or residue which remains when food is burned. Their importance in the food cannot be overestimated, for they regulate most body processes.

(5) The vitamins are essential chemical substances present in minute quantities in many foods but in varying amounts. They act as body regulators, and promote reactions without which full nutrition is impossible. When vitamins are lacking in the diet the body becomes diseased and in time perishes. Vitamins are present in most natural, fresh foods, but may be partially or even totally lacking in certain refined or preserved, or dried foodstuffs.

(6) Water is the solvent of all foods and is a part of every living cell. It may be designated a food because of its importance as a regulating substance in nutrition. It is necessary for the blood, digestive juices, and for the processes of elimination.

Only when these six food constituents are present in the daily diet in correct proportions and suitable amounts can full health be expected. Such a well balanced diet must provide: **Protein**, for building and repairing tissues; **Carbohydrates**, for producing heat and energy; **Fats**, for producing heat and energy, and if containing certain fatty acids, to secure in a manner not yet well understood, the nutritive welfare of man; **Minerals**, for building bones, teeth, blood and for regulating body fluids; **Vitamins**, for promoting the assimilation of foods and giving vigour to body cells and membranes; **Water**, for the health of every living cell and for all life processes. All natural foods such as fruits, vegetables, cereals, milk and nuts, contain all these food constituents in varying amounts. They are the storehouses of nature's food wealth.

The positive instructions of the Word of Wisdom provide for this complete and balanced diet, as will be shown in the following extracts.

The essential thought remains, that to abstain from the things forbidden in the Word of Wisdom as injurious to health is not sufficient; it is equally important to partake of foods that build the body properly and meet bodily needs.

(To be continued)

A Message To The Relief Societies Of The British Mission

X "NOT until in the midst of work to be done, a man has said, 'This is my task'; not until in the face of a problem has he said, 'This is my opportunity'; not until in the great field of life, which is the field of religion, he has said, 'This is my cause,' has his soul come to life."

This quotation was used by Sister Robison in one of her lovely talks at a Relief Society Conference, and it seems that the words, "Soul come to life," describe her own radiant personality.

In the eleven years in which she has been leader, great progress has been made in the Relief Society organization. In 1933, a monument was erected in Nauvoo commemorating the organization of the Relief Society there in 1842. This was a source of pleasure to Sister Robison, for it tied our organization to the Prophet Joseph and his wife and made one unit of Relief Society from the beginning.

When in Europe in 1934 she visited some of the missions, and with her fine sensitiveness to the feelings of others, she sensed their feeling of being by themselves, far away from the centre of the Church; immediately upon her return she began as she always did, to meet the need through a monthly bulletin.

All the sisters of the Relief Society in the British Mission were sorry to bid "Goodbye" to Sister Robison as President; she has served long and faithfully in her office. However, we are all extremely pleased to welcome Sister Lyman as her successor since a number of the English sisters knew her personally and grew to love her for her kind, helpful, advice.

We must not forget the practical side of the Relief Society, but remember what it was originally intended to accomplish. Visits to the invalids should not be neglected and where actual visiting is impossible, letter writing is an effective substitute. During such times as these, the Relief Society can really accomplish its most useful and valuable work. Remember members' birthdays; it is the little things that count. Let us not forget to write to the young men in the Forces. They appreciate letters from their friends at home. Let us also try to keep order in our meetings; starting on time and choosing the most convenient hour for everyone.

Many branches have started knitting for the Forces, and we hope others will follow suit. Finished knitting should be handed in under the name of the Relief Society. This is one method of gaining recognition for the organization. However, we must not let it interfere with the lessons.

Women's work is more important now than ever before since the members of the Priesthood are being called up. They will be assigned to speak in the meetings and should prepare themselves by prayerful study. The women's influence and importance in the home can never be overestimated. With food rationing, she should study the diet and find the foods of the

best value. The Word of Wisdom is especially important in these times. How kind and loving was our Heavenly Father to give it to us. Not so much the punishments for not keeping it, but the promises for keeping it, should be continually born in mind.

We were all sorry to lose Sister Zina C. Brown, but know that, even though far away, she will help us, because she knows our needs. One of the first things she did on her arrival in Salt Lake, was to make sure that we should continue to receive the Relief Society Magazine.

Relief Society Supervisors and Presidents.—Do not fail to write us on any problem you may have in hand, and we will give it our prompt attention.

Ever praying the Lord to bless you in your work.

THE BRITISH MISSION RELIEF SOCIETY BOARD.
MARIE W. ANASTASIOU (President).
HELEN E. POOLE (1st Counsellor).
MAUDE B. HAWKES (2nd Counsellor).
MIRIAM MANN (Secretary).



THURSDAY, MARCH 17, 1842:

"I assisted in commencing the organization of "The Female Relief Society of Nauvoo" in the Lodge Room. Sister Emma Smith, President, and Sister Elizabeth Ann Whitney and Sarah M. Cleveland, Counsellors. I gave much more instruction, read in the New Testament, and Book of Doctrine and Cov., concerning the Elect Lady, and showed that the elect meant to be elect to a certain work, etc., and that the revelation was then fulfilled by Sister Emma's election to the Presidency of the Society, she having previously been ordained to expound the Scriptures. Emma was blessed and her counsellors were ordained by Elder John Taylor."

—Taken from History of the Church, Vol. IV.
by the Prophet Joseph Smith.



BRITISH MISSION RELIEF SOCIETY BOARD.
SPECIAL NOTICE

Sister Marjorie McCormick, who has the special work in hand of compiling a history of the Relief Society in the British Mission desires to appeal through the pages of the "Star" for a better response to her requests for facts. It is most necessary that she obtains the details of organizations, etc., from each Relief Society.

Will all presidents therefore, kindly send her any information they have in their possession concerning the dates and names, etc., pertaining to their particular Relief Society.

From the Mission Field

DOINGS IN THE DISTRICTS.

Irish

Belfast Branch Relief Society have been holding a series of parties in the Branch Hall in 122, Upper North Street. Proceeds of the parties have been used in buying wool for the knitting of garments for those serving in H.M. Forces. Refreshments and amusements have been varied each night. Sisters Dora Ferris, Elsie Finlay, Agnes Gillespie have been in charge of arrangements. Brothers J. Ditty, and J. W. Darling in charge of games and community singing. The parties have proved a success.

Home services have been conducted in the homes of members who are unable to attend Branch meetings because of sickness, black-out, or other reasons.

Manchester

A beetle drive, in aid of the Football Club, was held in the Rochdale Chapel on Saturday, February 17th. Brother N. T. Woodhead was in charge. A prize for the ladies was won by Sister J. Woodhead, and the men's by Brother F. Kelsh.

London

On Sunday, March 3rd, in a meeting with the Mission District Presidency, Elder W. O. Chipping, of the St. Alban's Branch, was set apart as the new London District President, by Mission President Andre K. Anastasiou, and Elder A. James Wilmott, of the North London Branch as first counsellor.

By Elder James P. Hill.



PERSONAL

DARLING.—A son was born to Branch President and Sister J. W. Darling at 7, Westland Drive, Cliftonville Road, Belfast, on Wednesday, February 21st.

GILLINGS.—The infant daughter of Mr. and Sister Gillings of St. Alban's was blessed by Elder J. A. Cunningham of the Mission Presidency, on Sunday, February 25th, and was given the name of Marianne Elizabeth Gillings.

PROCTOR.—The name of Nicholas Proctor was given to the son of Mr. and Mrs. T. Proctor. The son was blessed by Branch President F. Kelsh on the afternoon service of Rochdale Branch on Sunday, February 11th.

FITTON-BRIERLEY.—The wedding of Brother William Fitton and Sister Mable Brierley of the Oldham Branch, took place on Saturday, February 24th, in the Branch Chapel. Brother Frank Kelsh of Rochdale performed the ceremony.



DEATH

CLARK.—Sister Elizabeth Douglas Clark of the Glasgow Branch, passed away on Wednesday, January 24th, at the age of 66 years. A memorial service was held on Satur-

day, February 10th, Brother McGowan presiding. The grave was dedicated by local Elder Robert McQueen.



N.B.

The Circulation Department will gladly send copies of the "Star" free, to any Latter-day Saint member serving in H.M. Forces, if members in the Mission will supply the necessary information to "Millennial Star" Office, 5, Gordon Square, London, W.C.1.

LATTER-DAY SAINT MEETING PLACES IN BRITAIN



- Aberdeen:**
Corn Exchange,
5, Hadden Street.
- Accrington:**
*L. D. S. Hall,
Over 9, Church St.
- Airdrie:**
†L. D. S. Hall,
40, Hallcraig Street.
- Barnsley:**
Arcade Buildings.
- Batley:**
*L. D. S. Hall,
Purwell Lane.
- Belfast:**
†Arcade Buildings,
122, Upper North St.
- Birmingham:**
L. D. S. Chapel,
23, Booth Street.
Handsworth.
Council Schools,
Stratford Road,
Sparkbrook.
- Blackburn:**
L. D. S. Hall,
Saving Bank Chambers.
Lord Street, West.
- Bradford:**
L. D. S. Chapel,
Woodlands Street,
Off City Road.
- Brighton:**
50a, Compton Ave.
- Bristol:**
L. D. S. Hall, Zion Rd.,
off Clarence Road.
- Burnley:**
§L. D. S. Chapel,
1, Liverpool Road,
Rosegrove.
- Bury:**
L. D. S. Chapel,
15, Broad Street.
- Carlisle:**
L. D. S. Hall,
Scotch Street
- Cheltenham-Stroud:**
Theosophical Hall,
St. Margaret's Ter.,
Off North Place,
Cheltenham.
- Clayton:**
*Central Hall.
- Derby:**
Unity Hall.
- Doncaster:**
*L. D. S. Hall,
Trafford Street.
- Dublin:**
†L. D. S. Hall,
8 Merrion Row.
- Eastwood:**
Library, Church St.
- Edinburgh:**
Ruskin House,
15, Windsor Street.
- Gainsborough:**
L. D. S. Hall,
4B, Silver Street.
- Gateshead:**
Westfield Hall,
Westfield Terrace.
- Glasgow:**
South Side
Masonic Hall,
30, Abbotsford Pl., C.5.
- Gravesend:**
16, Austin Road.
- Great Yarmouth:**
Johnson's Rooms,
Northgate Street.
- Grimsby:**
Boardman Hall,
East Marsh Street,
- Guisborough:**
L. D. S. Hall,
Back of 13 Church St.
- Halifax:**
*L. D. S. Hall,
35, Brinton Terrace,
Off Hansen Lane.
- Hucknall:**
*Byron Buildings.
- Hull:**
L. D. S. Chapel,
Wellington Lane, and
Berkeley Street.
- Hyde:**
L. D. S. Hall,
29, Beerley Street.
- Kidderminster:**
L. D. S. Chapel,
Park Street.
- Leeds:**
*L. D. S. Hall,
5, King Charles St.
- Leicester:**
All Saints' Open,
Great Central Street.
- Letchworth:**
Vasanta Hall,
Gernon Walk.
- Liverpool:**
L. D. S. Chapel,
301, Edge Lane.
- London:**
L. D. S. Chapel,
59, Clissold Rd., N.16.
Ravenslea Chapel,
149, Nightingale Lane
S.W. 12.
57, King Alfred's Ave
Catford.
58, Wellesley Road,
Gunnersbury, W.4.
- Loughborough:**
Adult School.
- Lowestoft:**
L. D. S. Hall,
20, Clapham Road.
- Luton:**
Dallow Road Hall,
Corner of Dallow and
Naseby Roads.
- Mansfield:**
39a, Albert Street.
- Manchester:**
L. D. S. Hall,
88, Clarendon Road.
C. on M.
- Merthyr Tydfil:**
L. D. S. Chapel,
Penyard Road.
- Middlesbrough:**
L. D. S. Hall,
21, Bottomly Street,
Off Linthorpe Road.
- Nelson:**
*L. D. S. Hall,
10, Hibson Road.
- Northampton:**
*L. D. S. Chapel,
89, St. Michael's Road.
- Nottingham:**
L. D. S. Hall,
8, Southwell Road.
- Norwich:**
L. D. S. Chapel,
60, Park Lane.
- Nuneaton:**
Masonic Hall,
Newdegate Street.
- Oldham:**
L. D. S. Hall,
Neville Street.
- Plymouth:**
L. D. S. Hall,
114, Tavistock Road,
Park Street.
- Pontillanfraith:**
Enquire:
81, Brynteg Street
- Preston, Lancs:**
L. D. S. Hall,
44, Avenham St.
Off Fishergate.
- Rawmarsh:**
L. D. S. Hall,
Main Street.
- Rochdale:**
L. D. S. Chapel,
Lower Sheriff St.
- Sheffield:**
L. D. S. Chapel,
Corner of Ellesmere
and Lyons Roads.
- Shildon:**
*L. D. S. Hall,
100, Main Street.
- South Shields:**
L. D. S. Hall,
36, Fowler Street.
- Staffordshire:**
Washington Bldgs.,
Wolverhampton.
- St. Albans:**
49, Spencer Street.
- Sunderland:**
L. D. S. Chapel,
18, Tunstall Road.
- Tipton, Wolverhampton:**
L. D. S. Hall,
Washington Building,
Berry Street.
- Varteg:**
Memorial Hall.
- West Hartlepool:**
L. D. S. Chapel,
7, Osborne Road.
- Wigan:**
*L. and Y Station.

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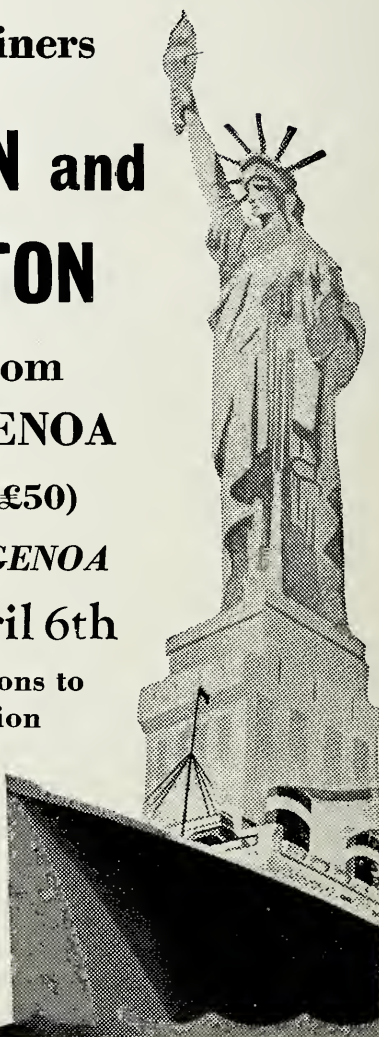
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